



# IRENE NEWS

8 May 2017

No 18 - 2017



## ACHIEVEMENTS

The following members were on the podium at the Jackie Mekler race:

|                      |   |
|----------------------|---|
| Mike du Bruto        | 1 <sup>st</sup> GM – 10 km (44:07)            |
| Joey Cloete          | 1 <sup>st</sup> GM lady -10 km (53:30)        |
| Gerard van den Raad  | 3 <sup>rd</sup> Walker – 10 km (66:27)        |
| Estien van Wyngaardt | 3 <sup>rd</sup> Lady walker – 10 km (71:37)   |
| Theo Bohnen          | 1 <sup>st</sup> GM – 25 km (1:58:06)          |
| Sandra Steenkamp     | 1 <sup>st</sup> Lady walker – 25 km (2:37:24) |

Congratulations!

Nelius van Rooyen was 10<sup>th</sup> overall in the Wings for Life World Run. He ran 39.25 km before he was caught by the catcher car. Well done Nelius!

Congratulations to the following members who earned medals at the SA Masters Championships in Cape Town:

|                |                      |
|----------------|----------------------|
| Elsa Meyer     | 2 x Gold             |
| Jaap Willemse  | 2 x Gold             |
| Rhoda Willemse | 1 x Gold, 1 x Silver |
| Lucia Willemse | 1 x Gold             |

Elsa also shared the trophy as Masters Athlete of the year and she received National colours! Congratulations Elsa!

## PERSONAL ACHIEVEMENTS

|                   |                            |
|-------------------|----------------------------|
| Nelius van Rooyen | PB – 25 km                 |
| Jaco van Rooyen   | PB – 21 km                 |
| Marlise Pienaar   | First 25 km                |
| Jaap Willemse     | PB – 5000 meters and 20 km |

Well done!



## ***THIS WEEK'S DIARY***

### **Tuesday:**

Time trials at 17:15 at the club house

### **Saturday:**

The Love Run 5/10/25 at 07:00 (walk at 06:45) – Hatfield Christian Church

## ***TIME TRIALS***

Please take note that the time trials now start at 17:15. This will be the case until the end of August

## ***SPORT PSYCHOLOGIST***

Maretha Claasen will present her last Comrades talk on Tuesday evening, don't miss out!

## ***CAPTAIN'S CORNER***

The hard work is done and tapering has begun. You should be shifting your focus back to quality instead of quantity. More hill work and speed work as apposed to distance and time on the legs.

The training program is designed to have you peak at Comrades. To defy the program by trying to "do extra" or to "catch up" would only serve to jeopardise your chances of running the best Comrades possible with the training that you've done. Now is the time to heed the following:

1. Look after your health.
2. Avoid crowds of people.
3. Avoid physical contact with people, like shaking hands and kiss greeting them.
4. Wash your hands regularly through the course of the day.
5. Take your daily supplements, especially vit C.
6. Arrange your life to get sufficient sleep.
7. Follow a balanced healthy diet.
8. Avoid airports, hospitals, doctor's consulting rooms, pubs and other public places famous for contracting bugs.
9. Follow the training programme, don't do extra or try to catch up.
10. After a training session, take off your damp clothing and don warm, dry clothing.
11. Consider going for a B Complex shot to boost the immune system.

Join us Tuesday evening for the third and last session of Marietta Claasen our sport psychologist's talk on mental preparation.

Have a fantastic week!

James Eayrs

0833796492

## ***COMRADES GOODY BAGS***

Thank you to everybody who has already promised articles for the Comrades goody bags. Please don't stop now! We can do with a lot more.

### COMRADES SHIRTS

Please keep on sending me your orders for the Comrades T-shirts. Please bear in mind that the shirts are available to the Comrades runners only.

### PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

|         |              |        |
|---------|--------------|--------|
| Handri  | Kymdell      | 12 May |
| Anita   | Marais       | 13 May |
| Blue    | Hadlow       | 14 May |
| Stephan | van der Walt | 14 May |
| Johan   | Van Vuuren   | 14 May |



### NOTICE BOARD

#### **Saturday 13 May**

#### **The Love Run 21.1/10/5km**

Race Organisers: Love Running

Venue: Hatfield Christian Church, c/o January Masilela Drive & Garsfontein Road, Menlyn

|                     | 21.1 km                                   | 10 km                   | 5 km  |
|---------------------|---|-------------------------|-------|
| Pre-entry fees      | R 90                                      | R 70                    | R 50  |
| Race day entry fees | R 100                                     | R 80                    | R 50  |
| Entry fees 70+      | Free                                      | Free                    |       |
| Start time          | 07h00 run<br>06h45 walk                   | 07h15 run<br>06h45 walk | 07h20 |
| Time Limit          | When last athlete crosses the finish line |                         |       |

Pre-entries at: Run-A-Way Sport, Running Inn, Sweatshop Southdowns; Audi Centre, Arcadia; McCarthy VW Wonderboom; Audi Centre Menlyn; McCarthy VW Menlyn; McCarthy VW Silver Oaks



**SPAR**



**Saturday 20 May****Race of Hope 21.1/10/5 km**

Race Organisers: Run/Walk for Life

Venue: The Grove Mall, c/o Lynnwood &amp; Simon Vermooten Rd, Equestria, Pretoria

|            | 21.1 km | 10 km | 5 km |
|------------|---------|-------|------|
| Entry-fee  | R 80    | R 70  | R 40 |
| Start Time | 07:00   |       |      |
| Cut-off    | ?:?:00  |       |      |

Pre-entries at: Total Sports – The Grove Mall

[www.enteronline.co.za](http://www.enteronline.co.za)**Saturday 27 May** **Superspar Hercules Skosana Legend 10/5 km run/walk**

Race Organisers: Run/Walk for Life

Venue: Superspar, Moort Street, Hercules, Pretoria

|            | 10 km  | 5 km |
|------------|--------|------|
| Entry-fee  | R 60   | R 40 |
| Start Time | 07:00  |      |
| Cut-off    | ?:?:00 |      |

Pre-entries at: Run-away Sport; The Runners Store Tramshed; Hercules Superspar

[www.enteronline.co.za](http://www.enteronline.co.za)

| <b>2017 AGN LEAGUE FIXTURE LIST</b> |             |             |               |           |
|-------------------------------------|-------------|-------------|---------------|-----------|
| <b>EVENT</b>                        | <b>DIST</b> | <b>DATE</b> | <b>LEAGUE</b> |           |
|                                     |             |             | <b>RR</b>     | <b>RW</b> |
| RACE FOR FRIENDSHIP                 | 10/21       | 24 Jun      | X             | X         |
| LONG WALK/RUN FOR FREEDOM           | 10/21       | 22 Jul      | X             | X         |
| MARCEL VAN'T SLOT                   | 15          | 19 Aug      | X             | X         |
| ADDICTED TO LIFE                    | 10/21       | 9 Sep       | X             | X         |
| JACARANDA CHALLENGE                 | 10/21/42    | 14 Oct      | X             | X         |
| KOLONNADE RETAIL PARK               | 10/21       | 11 Nov      | X             | X         |

## **SA MASTERS**

### **Local meetings**

|                         |                                |                 |
|-------------------------|--------------------------------|-----------------|
| <b>12 Augustus 2017</b> | <b>Claude Sterley Memorial</b> | <b>Pilditch</b> |
| ? Sept/? October 2017   | SWD                            | Oudtshoorn      |
| 11 November 2017        | Free State                     | Bloemfontein    |

## **African Masters Track & Field Championship**

Cameroon 27 – 29 May 2017

### **THOUGHT FOR THE WEEK**

**Winners are not people who never fail, but people who never quit.**



### Photo Corner (Jackie Mekler)



Our Bar Lady Mellany Hoffmann busy preparing the food for the Irene members



Heleen de Bruin helping herself to the excellent food





Schalk Liebenberg and Werner Smit



Johan Dekker





Rosemary Brink



Danie Conelissen, Jan van Wyk, Stephan Craggs and Jurie Venter





Pieter van der Westhuizen



Johan Nel





Brett Muir and Iain McFadyen



Blanche van Vuuren and Rinaldi Botes





Werner Zandberg, CJ Gresse and Clinton Nicholl



Jaco van Rooyen





Estien van Wyngaardt receiving her prize from the legendary Jackie Mekler



Gerard van den Raad with Jackie Mekler



Joey Cloete is becoming a regular podium winner

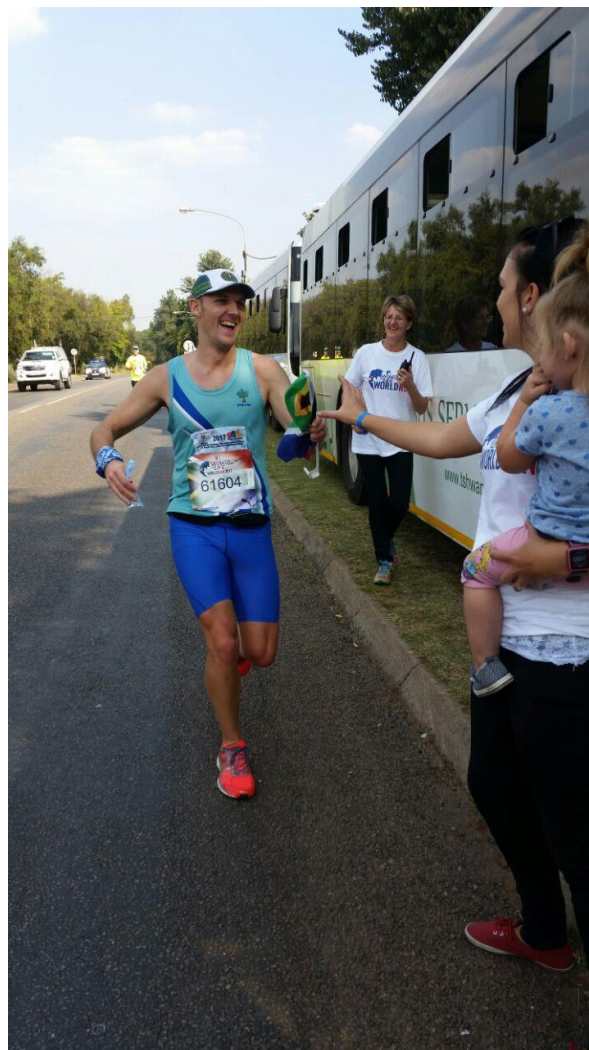


Good to see Mike du Bruto on the podium again





Kerry Trentham at the start of the Wings for Life World Run



Nelius van Rooyen getting some support from his wife Charnette